



## Strategies to Keep You Safe:

- Establish a **plan** before you head out.
- **Eat a high-protein** meal before drinking to slow down the absorption of alcohol.
- Set a **drink limit** and track, measure and pour your own drinks.
- Know **how much** alcohol is in your cup.
- **3 drinks for women/4 drinks for men** per occasion.
- **Drink water** — pre-hydrate, and hydrate, hydrate...
- **Pre-game with caution** and avoid the W&L punch.
- **Slow down or stop** when you feel a **buzz**.
- Have a **friend** let you know when you **have had enough**.
- Choose **not to drink** even though you could.
- Make sure your **phone is charged** and have emergency numbers (**LiveSafe App**).
- **Be a good friend and active bystander by watching out for your own and your friends' safety.**

## Signs of Alcohol Poisoning:

- C**old, clammy, pale or bluish skin
- U**nconscious or unable to be roused
- P**uking repeatedly or uncontrollably
- S**low or irregular breathing (8 or fewer breaths/minute)

## SAFE HAVEN

Seeking medical help for an intoxicated student will **NOT** result in disciplinary action. If in doubt call the nurse 24/7 at (540) 458-8401 for advice.

The CCC promotes communication, cooperation, and collaboration between the student body, neighboring community, landlords, law enforcement and university.

### When off-campus:

- Public intoxication, excessive noise and littering reflects poorly on Washington and Lee students.
- Throw cups away in a trash receptacle before leaving.
- Follow noise ordinances and turn the volume and bass down.
- Only accept a ride from a non-drinking driver or Traveller.
- Show respect for Traveller staff.



(540) 458-8900 [traveller.wlu.edu](http://traveller.wlu.edu)

### TRAVELLER DISPATCH (Van Shuttles)

- ✓ 7 nights a week; 10 p.m. to 2 a.m.

### TRAVELLER TRANSIT (Bus Service)

- ✓ Wed., Fri., and Sat. nights; 10 p.m. to 2 a.m.
- ✓ Buses run continuously during this time on a defined route (see [traveller.wlu.edu](http://traveller.wlu.edu) for more info)

**No Alcohol Permitted in ANY Traveller Vehicle**



## Tips to Stay Healthy @ W&L

- **Get enough sleep** — 7–9 hours is the magic number for optimal brain performance.
- **Make healthy food choices** — A balanced diet can help boost your immune system. The Marketplace offers many healthy options.
- **Always eat breakfast** — Even something small on your way to class will jump-start your metabolism, giving your body fuel to start the day.
- **Stay Hydrated** — You should drink at least 6–8 cups of water a day depending on exercise and other environmental factors.
- **Get a flu shot** — They're free at the Health Center 24/7. Living in close quarters means once the flu hits it spreads like wildfire.
- **Fit in fitness** — Regular cardio exercise will fend off stress and give you energy to make it through a marathon class load. The Fitness Center is here to get you moving!
- **Relax** — Make time to hang out with friends and de-stress by reading a book, going for a walk, watching your favorite TV show, or picking up a hobby.
- **Stay grounded** — Keep in touch with loved ones; express gratitude on a daily basis.
- **Get involved** — There are many organizations and volunteer opportunities.

## Important Numbers

W&L Public Safety	(540) 458-8999
Traveller	(540) 458-8900
Student Health Center	(540) 458-8401
Lexington Police	(540) 462-3705
Rockbridge Co. Sheriff	(540) 463-7328
Emergency Department ( <i>Hospital</i> )	(540) 458-3347

**LiveSafe app** — *download for your personal safety*



- Download the app from iTunes or Google Play
- Fill in your name and contact information
- Select "Washington and Lee" as your school